



## **HOME WORKOUT: TO BE COMPLETED EACH DAY APRIL 30-MAY 2, 2020**

**Objective:** To maintain fundamentals and sharpness of skillset while being at home. Program is designed assuming no access to a basketball hoop. If you have a basketball hoop, target 250 makes per day of various shots at game speed with proper shooting form. Workout is designed as a minimum. Feel free to do more.

**Equipment needs:** 1 basketball

**Power Dribble Series** (200 reps of each...wide/low stance entire time...knees/hips bent...back straight)

- Drive ball in to ground as hard as possible.
- If lose the basketball, regain dribble and get back to position without picking the ball up with 2 hands
- It's ok to mess up, but get back to dribbling as quick as possible
- Try to get through series without stopping or taking a break
- Time yourself to see how quickly you can get through the entire series
- All dribbling motions have been completed in past trainings...look at past trainings if need a refresher
  - R hand
  - L hand
  - R hand side-to-side
  - L hand side-to-side
  - R hand front-to-back
  - L hand front-to-back
  - Crossover (keep ball below knee and outside knee)
  - Behind-the-back
  - Figure 8

**Chair Form Shooting** (65 reps with R hand and 65 reps with L hand)

- When going in to "shot", push through legs and power up in to shot without dropping "L" to a "V"
  - Chair – Sit on edge of chair with back straight. Back should not touch back rest of chair
  - Feet - Make sure feet are shoulder-width apart and toes/knees facing forward
  - L – Make L with shooting arm...elbow under ball...ball touching knuckles out to fingertips
  - Hand - Place non-shooting hand directly on side of basketball...fingers facing up
  - Shot - Power through legs...snap elbow/wrist...roll ball off fingertips...hold follow-through

**Footwork** (line drill...emphasis on quick bursts off the ground...immediately jump once foot touches ground)

- Find line on ground to use as a marker to jump over...4 sets of 12 seconds for each foot / each exercise
- Emphasis on speed/bursts...try to beat your number of jumps from the previous set.
  - Running
    - L foot on L side of line, R foot on R side. One foot is on ground, other is lifted off ground
    - Quickly switch, always having one foot on ground and other lifted off the ground
    - Continue to alternate, in a running in place motion, as quickly as you can.
  - Quick taps
    - Both feet start on L side of line.
    - R foot alternates going over the line, tapping back and forth while L foot stays on L side.





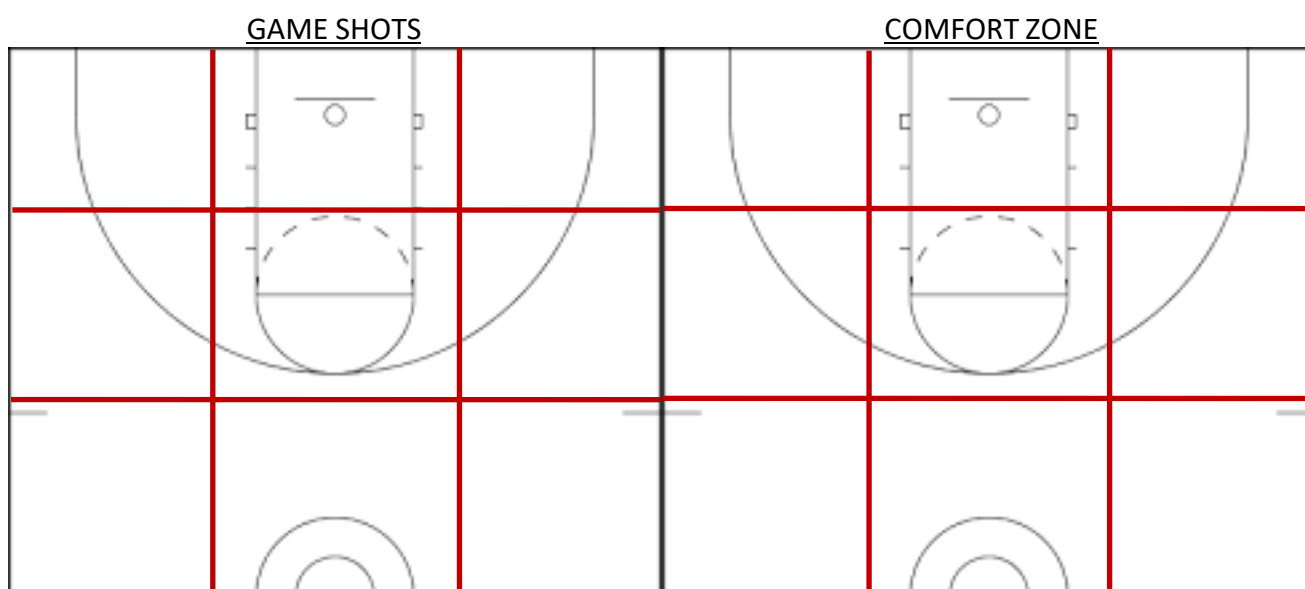
- Every time R foot taps ground, must quickly tap L foot.
- Quickly alternate taps as fast as you can while trying to move R foot as fast as possible.
- 3 sets, then do the same on the R side for another 3 sets.
- Line taps
  - Start standing over line, with L foot on L side and R foot on R side.
  - Quickly jump and land with both feet on the line, with L foot in front and R foot behind
  - Immediately upon feet touching line, jump back to the starting position
  - Once back to starting position, jump again, this time R foot in front and L foot behind.
  - Continue these quick taps, alternating which foot goes in front, as fast as you can.

#### Video Review (Diana Taurasi w/ Kobe Bryant)

- <https://www.youtube.com/watch?v=jALq2vpAKFw>
- Follow along and think of how you can translate to your own game.

#### Challenge

- Use the “Game Shots” diagram below to rank the areas of the court you shoot the most in a real game. There are 9 boxes breaking down the court. Write “1” in the box where you get the most shots in a real game, “2” where you get the second most shots, all the way to “9” where you shoot the least. Do the same in the “Comfort Zone” diagram. Rank 1-9 the areas where you are most comfortable shooting, with “1” being the most comfortable and “9” the least comfortable.
  - How does the “Game Shot” diagram compare to “Comfort Zone”? What does it tell you?
  - How does the “Game Shot” diagram compare to the shots you take in practice?
    - Are most of the shots you work on in practice where you find most of your game shots?
  - How does the “Comfort Zone” diagram compare to the shots you take in practice?
    - Are you working on improving the areas you find to be the least comfortable?
- Send us your analysis! Self-analysis is critical for players to develop their game and build their IQ.



#### Feedback

- Tag or DM @Showcase\_BBall...for questions about drills, please email [jeff@showcasebasketball.com](mailto:jeff@showcasebasketball.com)

